PATENT

MEDICATED VAPOUR BATHS,

&c. &c.

REMARKS

ON

VAPOUR BATHS,

AIR-PUMP VAPOUR BATHS, PORTABLE SUDATORY BATHS,

SULPHUREOUS FUMIGATION BATHS,

AND

COLD AND TEPID SHOWER BATHS;

Portobello, near St. George's Church,

Sheffield.

INCLUDING EXTRACTS FROM MEDICAL AND OTHER AUTHORITIES, AND REPORTS OF CASES OF VARIOUS DISEASES, RELIEVED OR CURED.

SHEFFIELD:
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1831.

TO THE

MEDICAL GENTLEMEN,

AND THE

WEEKLY BOARD OF GOVERNORS,

OF THE

SHEFFIELD INFIRMARY;

The *former* of whom, by unanimously recommending the use of the Patent Medicated Vapour, and Sulphureous Fumigation Baths, to certain classes of the Patients of the Infirmary; and the *latter*, by at once acceding to the recommendation, gave the strongest proof of their conviction of their efficacy,—

These remarks are respectfully inscribed by their

Grateful Servant,

HENRY LONGDEN.

April, 1831.

REMARKS, &c.

The proprietor of the Sheffield baths, after a trial of their qualities and beneficial effects for nearly two years, feels it a duty to place before the public at large, in a collected and compendious form, some account of the origin, progress, and results of his undertaking — one which he is happy to say, has, in defiance of the difficulties usually arrayed against establishments newly formed, prospered beyond his expectation.

In congratulating himself and those individuals who have benefited by the use of the baths, upon the success which they have attained, he is bound in common justice and gratitude to avow, that to the patronage of the medical profession they owe much of their signal triumph over popular prejudice, which too often proves fatal to the public good. The objects of this institution are so closely interwoven with the dearest interests of humanity, that few persons, he should fain hope, will be found to pronounce upon its merits without first ascertaining its properties by a fair trial. None have been more forward in promoting the success of that trial than the faculty themselves: for both as a body and as individuals, (and men of the first eminence are here referred to,) the medical profession have favoured this rising establishment.

The proprietor does not assume to himself the credit of a new discovery; but he lays claim to having, at his own expense, introduced into the large and populous town of Sheffield, the "Vegetable Medicated Vapour Baths," to which he has added several other kinds of baths, of acknowledged value and importance, and of his having been the first to invite the attention of the profession to them, whether as an auxiliary to medical practice, or as a last alternative in particular diseases, when the power of medicine was finally exhausted.

One of the medical gentlemen of the Sheffield Infirmary, persuaded, from personal knowledge, of the general utility of this establishment, proposed to the Board of Governors, to send to it, obstinate cases of chronic rheumatism, and various classes of diseases of the skin, which do not yield to the ordinary treatment, when, on the testimony and recommendation also of the other medical practitioners, the Governors liberally assented to the proposition; since which recommendation many such patients have been admitted to the baths, who have received in many instances, satisfactory benefit or cure.

The establishment is capable of administering more than one hundred baths *per diem*, and is open every day (Sundays excepted). Male and female attendants are provided, who are duly qualified to give the baths, with the greatest care and attention, as the respective and varying cases of the patients may require. Numerous kinds of medicinal herbs, all of American growth and preparation, are employed. These are subjected to a pressure of steam, whereby the *volatile oils* are carried up in the *vapour*, *which rises imperceptibly*, and and fills the tent where the individual is seated; connected therewith, alterative decoctions, prepared according to the directions of the patentee, are administered when such preparations appear necessary, to co-operate with the medication of the bath, to effect a cure, and not otherwise.

The utmost attention is paid to the cleanliness of the whole establishment in general, and to the baths and napkins in particular, as will be testified by any person who has ever been within the walls, either as a patient or a visitor. Each bath room opens into a commodious dressing room, with its appropriate conveniences. After sitting from five to ten minutes in the bath, the pores are gently opened, and sweat exudes through every part of the skin, from the crown of the head to the sole of the foot: the circulation is then quickened gradually, obstructions are removed, the large vessels are relieved, the smaller superficial vessels, and those in the extremities are filled, and an equalized state of the circulation is produced. Twenty minutes, in general, are sufficient for this agreeable process, whereby a sluggish pulse is accelerated, and a feverish one lowered and regulated, the body is invigorated, (not relaxed, as some have asserted in ignorance,) the mind is soothed, and the spirits are refreshed, as if disburthened of a load. After dressing, (the body having been well rubbed) the individual removes to a coffee room: one being appropriated for ladies, and another for gentlemen, suitably fur-

nished with easy chairs and sofas, to take coffee, by which means, in the space of one hour, the whole system, externally and internally, gradually cools to the temperature safe and proper for exercise in the open air. For the lower ranks of society, a separate coffee room is also provided, fitted with every comfort for their accommodation.

There is one point upon which the proprietor feels it incumbent to offer some explanation, to the profession in particular. He is aware of the great distrust with which they naturally receive (and ought to receive) any new remedy, coming before them in anywise under the veil of secrecy: and he regrets, that, in the situation in which he stands, as not being the original discoverer, but only authorised by the patentee, he has not permission to disclose the nature of the medical impregnations of the vapour; but of the great efficacy of which, in addition to that of simple vapour, he has the fullest conviction. Neither does he believe any medical gentleman could question for a moment, *that a new mode of administration of medicine is here invented and employed, had he the opportunity of ascertaining the fact.*

The proprietor cannot render a more effectual service to the public, and more appropriately introduce to their attention his own remarks, and facts which have been palpable to his own observation on the uses and advantages of vapour bathing, &c., than by first presenting the published sentiments of some of the most eminent physicians of the present day, upon this important subject — viz., Dr. Clarke, Dublin; Dr. Gibney, Edinburgh; Dr. Kentish, Bristol; and Dr. Duncan, Edinburgh; together with the philanthropic remarks of the Hon. Basil Cochrane.

Sir Arthur Clarke in his useful work on warm, cold, and vapour bathing,* is so clear, impartial, and practical in his remarks on the subject of baths generally, and the uses of the vapour baths in particular, they cannot be better explained than in his own brief way. "The vapour bath (observes the Doctor) in use in this country, is simple in construction, and effectual in its application; it is well adapted for the use of hospitals and dispensaries, and is calculated, from its simplicity and efficacy, to bring into *general* use an agreeable and salutary practice, as well as a powerful remedy in many obstinate diseases. It is an apparatus, to which the steam of boiling water, either simple or medicated, is conveyed through pipes from a steam boiler. In this apparatus, the stimulant power of heat is modified

* Published by Henry Colburn, New Burlington Street, 1827, 5th edition.

and tempered by the moisture diffused through the air; and as the elastic vapour, like air, is a less powerful conductor of heat than watery fluid, the effect of vapour in raising the temperature of the body is much less than that of the hot bath. Its heating effect is also diminished by the copious perspiration which ensues; so that *on all accounts* the *vapour bath is safer*, as it is in most cases more effectual than the hot water bath; and may be employed with success where the hot bath would be attended with danger.

"The vapour bath may be applied to the whole body, or to any part of it: its immediate effects are to excite or increase the action of the superficial arteries, by which the determination of blood to the deeper seated parts is diminished: this increase of circulation at the surface of the body, produces a copious perspiration which may be continued, as it is excited, at pleasure. It should, however, always cease before debility begins.

"The utility (Doctor Clarke adds) of this application is obvious in all cases of internal inflammation; it draws a great quantity of blood to the surface, and relieves the internal parts by the secretion of the skin, which is the mode nature takes to resolve inflammation and fevers. Besides an increased perspiration, other effects are produced on the system; equal and due action is restored to the surface, and a highly agreeable sensation produced, which renders the influence of cool air safe and desirable." In the Doctor's prefatory remarks, he emphatically states, that his "endeavour has been to lay down a code of instructions deduced from principles and experience, which he hopes may prove useful *to those who have a just regard for their own health, and for that of others entrusted to their care.*" The Doctor abstains from the use of scientific or technical terms, as tending to obscure information upon a subject offering a remedy and permanent cure for various stubborn disorders applicable to both sexes. At page 198, he gives very necessary directions to such as, whether from disease, or purposes of refreshment or for cleanliness, have recourse to vapour bathing. Dr. Clarke's work was originally published in 1820; the 5th edition of it in 1827; consequently it embraces a variety of fresh cases, with numerous notes derived from his greatly enlarged experience, during the lapse of seven years. A short time previously, (1819) we find a publication by Dr. Kentish, of Bristol, describing the baths erected by him in that city. In this account, which is also strongly recommended to the reader, as abounding with facts, evincing much sound sense, the Doctor preliminarily observes, "that as a *means*

of applying medicinal substances to the surface of the lungs, the vapour bath is the best hitherto resorted to—that he has himself experienced very beneficial effects by medicated vapour, which he has had the satisfaction of shewing to several of the faculty.

In 1829, a treatise on the properties and medical application of the vapour bath by Dr. Gibney, of Edinburgh, was published as a continuation of his observations upon baths in general. This work which is the result of the Doctor's long experience and deep reflection on the subject, is well deserving of the reader's attentive perusal. The author observes generally, that "by a *regular and periodical use of the vapour bath*, the inroads of time and old age upon the constitution may be diminished, as they invariably extend from the surface to the internal organs of life; *and by vapour, as a new power, existence may become comfortable, and longevity more secure.*"

"By its proper application, it will be useful and efficacious in those cutaneous complaints so generally known, and which add to the intensity of the other affections with which they are conjoined, and from so extensive an outlet as that of the skin, are soon mitigated; also in many of our most formidable chronic diseases, such as *gout*, in most of its varieties, *rheumatism*, *paralytic affection*, *hydropic complaints*, *diabetes*, *female obstructions*, *scrofula*, and *glandular diseases*, *dysenteria*, *congestions and obstructions of the liver and spleen*, occasioning their torpor, and the diseases that follow in a connected chain with the *stomach and alimentary canal;* on the condition of which the healthy or unhealthy state of the whole animal economy has so direct and considerable a dependance, and on which the primary effects of all internal remedies must be exercised before their influence can be diffused over the general system."

Both Doctors Clarke and Gibney introduce interesting accounts of vapour baths, especially those in use in Turkey, Sweden, Russia, and Egypt. The latter remarks "that as the proofs of their efficacy both here and upon the continent, are becoming more numerous, the *natural result must be, that the practice of vapour bathing will extend in a ratio equal to its utility.*"

The next authority we shall name, on the efficacy of vapour bathing, &c. is Dr. ANDREW DUNCAN, *Professor of Materia Medica, in the University of Edinburgh, &c.* In the *Edinburgh New Dispensatory*, (1830,) article AQUA, he observes, "The external use of water depends almost entirely on its temperature, which may be,

"1. Greater than the body;

" As in the state of vapour, vapour bath.

" Above 97° F. the hot bath.

" 2. Below the temperature of the body.

" From 97 to 85, the warm bath.

" From 85 to 65, the tepid bath.

" From 65 to 32, the cold bath.

" The vapour bath is a popular remedy in many countries, both in the most civilized and rudest state of society. Some rude nations cure many diseases, by throwing water on heated stones, and exposing the patient to the vapour produced. The vapour baths of the Russians have been described by every one who has published his travels in that country. The vapour is often heated in them as high as 150° Fahr., in which the Russians remain for hours. They do not, however, expose themselves at once to so high a temperature. From the bath they repeatedly run out with their skin as red as scarlet, and roll themselves in snow, or plunge into cold water with delight and impunity. They then dry and dress themselves, and go home wrapt up in their pellices.

" The modern Egyptians also make great use of the vapour bath; but their arrangement is considerably different, and the temperature seldom carried higher than 110° F.

" CELSUS and ARETÆUS may be consulted for the use of the vapour bath among the ancients.

" The use of the vapour bath, *chiefly*, *however*, *medicated*, has been very generally introduced into France by M. M. GALES and D'ARCET; into Germany by DE CARRO; and into Italy by ASSALINI.

" In my own practice," the Doctor proceeds, " I have seen scaly cutaneous diseases, which had resisted for years every other treatment, yield in a short time to the use of the vapour bath. Its action in relaxing stiff joints is also striking. Its immediate effects are to accelerate the circulation, and to excite profuse sweating. In general, the vapour of water alone is sufficient, *but more frequently it is medicated with different impregnations*. The following are ASSALINI's indications for their use :—

" 1. To excite the cutaneous system, restore the transpiration, and promote sweat. 2. To soften the cutaneous texture, and relax some parts affected with inflammation. 3. To allay increased sensibility of the nervous system. 4. To promote the eruption of exanthematous and herpatic diseases, and to drive gouty or morbid humours from the

noble organs to those less essential to life. 5. To combat organic skin diseases, of an herpatic or scabious nature, and tinea itself. 6. To shorten the cure of syphilis. 7. To cause the re-absorption of lymph arrested in the lymphatic glands, and in the cellular tissue of the joints. 8. To restore the action and lost tone of the mucous membrane. 9. To revive muscular action, and that of the organs of digestion. And 10. To promote the cicatrization of chronic ulcers.

" The hot (water) bath is decidedly stimulant in its action. It renders the pulse frequent, the veins turgid, the skin red, the face flushed, and the respiration quick; increases animal heat, and produces sweat. If the temperature be very high, the face becomes bathed in sweat, the arteries at the neck and temples beat with violence; anxiety and a sense of suffocation are induced, and if persisted in, vertigo, throbbing in the head, and apoplexy, are the consequences. It is very rarely employed in medicine, except where there are hot springs."

The remarks of Dr. Duncan upon the use of the shower bath, &c. are so apposite, that we shall not hesitate to lay them before the reader:—

" The primary action of the cold bath," he observes, " is stimulant, and the degree of this action is in proportion to the lowness of its temperature. This opinion is, indeed, directly opposite to a theory of cold which has been advanced with the confidence of demonstration. But, in fact, the action of cold is by no means simple. It is complicated, and varies according to its intensity, duration, *and the state of the system to which it is applied.* It acts at first as a stimulant, in exciting sensation; then as a tonic in condensing the living fibre; and, lastly, however paradoxical it may appear, as a sedative, by preventing that distribution of blood in the minute and ultimate vessels, which is necessary for the existence of sensibility and irritability, and by the abstraction of the stimulus of heat.

" The cold bath, therefore, (in all cases where it is proper to be used,) may be so managed, as to procure any of these effects, by regulating the length of time for which it is applied.

" Cold affusion, or the pouring of cold water over the body, (the shower bath,) is a very convenient mode of using the cold bath in many cases. In this way, cold is very suddenly applied to the surface; its operation is instantaneous and momentary; but by repeated affusions, its extreme effects may at last be produced. The cold, if it be not carried to excess, and when properly applied, on emerging from the bath, the whole body is pervaded by an agreeable sensation of

warmth, and the patient feels refreshed and invigorated. Where the effects of cold affusion may be deemed too severe, tepid water may be employed; or, in extreme cases, sponging the body with cold or tepid water and vinegar.

" The application of cold may be employed in fevers and febrile paroxysms, when the heat is steadily above the natural standard, *and in many diseases arising from relaxation and debility.* It is contra-indicated when the heat of the body is below 97° ; when there is any notable perspiration from the surface ; and when there is general plethora. Irritable habits should be defended from the violence of its action, by covering the body with flannel or oilcase. In ardent fever, especially in those cases in which the heat of the skin is excessive, it is particularly useful, and ought to be long continued. In phrenitis, and other local inflammations, it promises to be of advantage. In inflammatory rheumatism, and rheumatic gout, it is decidedly useful. It is of advantage in all the hæmorrhagies and exanthemata ; in tetanus, cholic, cholera, hysteria, mania, ischuria, and in burns ; and in general, in all those local diseases in which solutions of acetate of lead, or muriate of ammonia, &c. are usually employed : for the good effects of these depend almost entirely on the diminished temperature."

The Hon. Basil Cochrane has endeavoured, with a laudable industry, to introduce vapour bathing among us. He recommends it from his personal experience of its great efficacy when in India, and states, as a motive for its use, that, " nine-tenths of the complaints with which Europeans are affected in India, originate in checked perspiration," and he believes that in England we greatly suffer from the same evils.

We cannot close these testimonies of vapour baths better, than by quoting the judicious, practical remarks of this gentleman, who, with an exemplary benevolence, erected vapour baths in his own house, for the use of the diseased poor :—

" In the course of my experiments," says Mr. Cochrane, " in the application of vapour, I have seen inveterate chronic rheumatisms, contraction of the muscles, and stiff joints, give way to its influence, and two cases of gout have met a cure. In one instance, calculi have been brought away in great quantity, and without any of that agony suffered by the patient on former occasions. In using the bath, I have observed that the periods most proper are before breakfast, or between ten in the morning and three in the afternoon.

" In cases that require friction, my servants perform that operation

according to the mode adopted in India, there called shampooing, and which may be learned by any person, with great ease in an hour. Having touched on shampooing, I shall trespass to remark, that it is capable of more beneficial effects, than will be imagined upon a slight consideration, of a mean so seemingly trifling. The Indians hold it in high estimation, and resort to it continually, both as a luxury, and as a remedy.

" After much fatigue, and in excessive lassitude, it is the first of restoratives; and it is excellent in disposing to sleep, having frequently succeeded after opiates had failed. These are facts to which I can speak from my own experience, and from what I have witnessed in others."—*Hon. Basil Cochrane's Essay on the Vapour Bath, and the apparatus connected with it.*

The laudable example set by these authorities has been followed, the proprietor can truly say, and on similar grounds in the erection of the Sheffield Baths: all selfish or individual views are disclaimed; on the contrary, the object is decidedly a public one, that of affording the faculty the power of " availing themselves of such auxiliary means of a well appointed establishment of baths."

The proprietor of the Sheffield Baths has already borne testimony to the liberality of the medical profession in the town of Sheffield, who, as became philanthropists, not only did not offer any opposition to their introduction, but rendered the most efficient support to projects fraught with relief or cure to the infirm and diseased of every age, and of every class.

The projector may be allowed to refer to his own case, having himself become a living example of the efficacy of vapour bathing, when in a state of infirm health, menacing at no distant period his dissolution. In 1828 he visited London, and called at the establishment of Mr. Whitlaw, 14, Finsbury Place, South. For more than ten years he had been in the most delicate state of frame and constitution: he frequently expectorated blood from the lungs in small quantities, and was never free from a burning pain in his chest. The faculty could do no more than administer a temporary relief, while Mr. Whitlaw, from a successful treatment of similar cases, held out to him hopes of a permanent remedy. He tried the baths, and a perfect cure was the result, whereby his life was spared to himself and his family. Upon the first trial of them, he felt that the cure of his disease would be effected, the vapour being at once perceptibly directed to his lungs. The cure of his lungs was followed by as

complete a renovation of his whole system ;—formerly pale, feeble, and emaciated, he is now become, and continues strong, robust, and active, to the astonishment of his townsmen, and is a living proof of the restorative powers of the vapour bath.

It may not be irrelevant here to state that the legitimate medical practitioner, as appears by his own admission, cannot cure certain diseases incident to the human frame; amongst the most prominent of which are, cancer, scrofula, consumption, leprosy, elephantiasis, &c., all of which admit of palliation only, under the ordinary treatment. Some of these diseases, however, when brought to the baths in an early stage, and others in a later period, the proprietor feels himself justified by experience in undertaking, in most cases, to cure ; while the various forms of chronic inflammation, and visceral derangement, which, by the present mode of treatment, are considered almost equally unmanageable, have been proved by the use of the medicated vegetable vapour bath, in many instances to be removeable.

Cancer in a schirrous state, (one of the most affecting maladies to which the human frame is liable,) those two high authorities, Sir Astley Cooper and Dr. Blundell, deemed in the instance of the lady of a physician to be incurable, but in that and three other cases of ladies of rank, pronounced past remedy, the use of the bath, at Mr. Whitlaw's institution, led in each to a perfect cure of the disease.

The proprietor would here wish to give a caution against any expectations being entertained, that the vapour bath is capable of curing paralysis in its more usual form—namely, that arising from disease of the brain or spinal cord. In paralysis, arising from these causes, the use of the vapour baths would most probably be dangerous ; but in cases of local paralysis, where the loss of power appears to be entirely confined to the nerves of the limb, the efficacy of the vapour bath has been proved beyond question.

There is a form of local paralysis arising from the free use of preparations of lead ; also a species of cholic produced from the same cause, to both of which diseases painters are peculiarly liable. The proprietor is anxious to have an opportunity of applying the bath to these cases, from having been an eye witness to its efficacy, in the practice of Mr. Whitlaw, and he would feel indebted to any medical gentleman, who would send to him any such cases hitherto considered hopeless.

In the various forms of secondary syphilis, although the proprietor has had no opportunity of treating in his own establishment, yet from

the instances of cure he has witnessed in that of Mr. Whitlaw, he should receive them with confident expectation of successful treatment.

He wishes to impress upon the minds of mothers and guardians, that he is able to speak with confidence, with regard to the efficacy of the baths in many forms of female complaints. Difficult and painful menstruation, irritable uterus, hysteria in its various forms; and above all, interrupted or delayed menstruation, have repeatedly given way to the use of the baths. On this point, the proprietor feels himself particularly confident, and is happy to know that many members of the medical profession agree with him in opinion, that the baths will here prove a most important auxiliary.

The proprietor, in the last place, requests the attention to one species of disease, in which the baths have been most particularly efficacious: he alludes first to *chronic rheumatism*, which, whether affecting the muscles, the periosteum, or the joints, has been cured in very numerous cases: and secondly, the *affections of the skin* in their various forms, which have also been in many instances successfully treated.

The following *forty cases* of cures at the baths are carefully narrated as to the details of all the circumstances, the minute accuracy of which may obtain the most perfect credence:—

RHEUMATISM.

1829, Sept.—Mr. Thomas Rhodes, aged 45, farmer, Bradway, near Norton.

He had suffered greatly for some months from rheumatism, chiefly in the thigh; and could walk but a short distance with difficulty by the use of a stick.

He found much relief by the first bath, and could sleep afterward in the nights. He had six baths, and was discharged cured. A year afterward he reported, "he had continued well."

1829, Sept.—Samuel Smith, Thornset Moor, Bradfield, assistant to the planter of Earl Fitzwilliam.

He came to us tortured with rheumatic pains in the arms and legs: had been unable to attend his business for six months. After four baths, he was discharged cured.

He walked to take the last bath and home again, a distance of twenty-two miles.

1829, Sept.—Mrs. WOSTENHOLM, Norfolk-lane.

She has been afflicted with rheumatism a year or more; during which time she was nearly helpless, and a great sufferer. She was cured by *two baths*.

Two professional gentlemen were present, and saw her after taking the first bath, when she was much elated with the removal of her pain, and the liberation of her joints.

The above is the only case of long continuance, which was removed by so few baths; and we mention this, to caution others from expecting so sudden a change by so short a process.

1829, Sept.—Mr. HARGREAVE, aged 26, merchant, Leavygreave.

He had heen afflicted for many months with rheumatism. Every means he resorted to had failed, and he despaired of being able to return to business.

He was cured by taking thirteen baths. He appeared to make but little progress the first eight baths, and he as rapidly amended the last five baths.

1829, Oct.—JOSH. RIGGOTT, aged 40, woodman to Earl Fitzwilliam, near Bradfield,

Had been afflicted with rheumatism variously for near two years. After taking five baths he was discharged cured.

1829, Oct.—Martha Ellis, widow, aged 46, Greasbrough.

Her husband having been killed in a coal pit some years previously, her health and spirits failed, and she became the subject of rheumatic affections: the various applications she had recourse to were unavailing, and she was quite helpless in the midst of her orphan children. Her benevolent neighbours, witnessing her sufferings, sent her to the baths.

As in a former case, we appeared to make no progress for seven or eight baths; a more powerful medication being employed, when she returned to the coffee-room, she cast away her stick, and said, "*I have done with thee*," and walked to her lodgings without it.

After taking ten baths, she was discharged cured.

1829, Nov.—Mr. N——, merchant, Sheffield.

He was afflicted with nervous debility and rheumatic affections: so much so, that all attention to business was a burthen to him. He was restored to convalescence by six baths.

1829, Nov.—Mr. NICHOLAS TIMM, aged 70.

He has attended Buxton for rheumatism for thirty years. The last five years the Buxton waters have gradually lost their salutary influence

upon him; and the present year he returned home without deriving any perceptible benefit from them.

His son, Dr. Timm, recommended him to try the effects of our baths. After taking *three baths*, he was quite cured.

1831, Feb.—We have met Mr. Timm, and he states that "he continues well, and has not been so free from rheumatism these thirty years, as he has been since the use of our baths."

1830, April.—William Slack, Broad-lane.

Early in the year he had an attack of rheumatism: first, in the form of lumbago, extending after to the shoulders and limbs; and withal, he was so ill, that he was not expected to survive.

After the severity of the paroxysm was over, his surgeon recommended the use of the baths. He took five baths and was cured.

1830, April.—John Platts, Ashton-under-Line.

Has suffered long from rheumatism in his shoulders and extremities. He has not been able latterly to dress or undress himself.

He found much relief by the first bath. Could dress himself after the third bath. After taking eleven baths, he was dismissed cured.

1831, Feb.—He called upon us in good health.

1830, August.—Mrs. S——, housekeeper of Mrs. Newton, Barbett Hall.

Being much inconvenienced by rheumatism from the knee to the ancle, and having observed the benefit received at the baths by widow Ellis and J. Agus, she was induced to try their efficacy upon herself. The result was, she took six baths with the same success; her pain was removed, and she was enabled to walk as formerly with comfort.

1830, Sept.—Mary Hall, aged 20, Green-lane.

Some months since several colds terminated in an attack of rheumatism in the head, back, and side. She was confined to her bed some weeks, had an inflammation of the brain, was in a state of insensibility three days, and her recovery was doubtful.

After an abatement of these violent symptoms, and a partial recovery, some benevolent friends sent her to the baths, with considerable remaining suffering in her head. After taking ten baths, she felt some sensible improvement; finally she took twenty baths, and was dismissed cured.

1830, October.—Sarah Blackmore, house-maid, Tontine Inn.

Had been confined several weeks by rheumatism, unable to perform her duty. Her medical attendant sent her to the baths.

She had three baths and was cured.

1831, January.—Mrs. COCKING, 23, Norfolk-street.

In December, 1829, she caught cold, after her confinement, which was followed by rheumatism. It abated with the return of warm weather.

Taking cold in November last, she was again the subject of rheumatism. Her hands swelling, the application of leeches gave some relief. Soon after, she had a violent seizure in the arms, shoulders, and back of the neck, which disabled her from attending to her family. Having seen the effects of the baths upon her son, she came to us in the most stormy weather.

By taking seven baths, she was relieved of all pain, has *experienced no relapses*, and is discharged perfectly cured.

1831, Feb.—Mrs. BOOKER, Sheldon-street, Little Sheffield.

She caught cold in October last, after her confinement, which was followed by an attack of rheumatism in the back and shoulders. She was rubbed with various unguents without effect. The seizure has latterly been confined to the left side. She took four baths, and was discharged cured.

The following is the testimony of the Rev. WILLIAM SPENCER, Dronfield :—

To Mr. Longden, Vapour Baths, Sheffield.

Sir,—I have great pleasure in giving my testimony to the efficacy of your vapour bath in rheumatic complaints.

I have been for many years subject to rheumatism. Last year, having heard much of the beneficial effects of vapour baths, I was induced to make trial of it, from which I found immediate relief; and upon the slightest return of pain, have again had recourse to it, and have invariably experienced a removal of it, and also a perceptible improvement in my general health.—I am, Sir, yours faithfully,

WM. SPENCER.

Dronfield Vicarage, Jan. 17, 1831.

RHEUMATIC AFFECTIONS OF THE JOINTS.

1830, March. — Mr. W., spirit merchant, Newcastle-under-lyne.

He had been assailed with rheumatic gout, in one foot. It was swelled and inflamed, and the various means of alleviation had been tried without salutary effect.

When he first came, he was conveyed in his carriage from his lodgings to the bath, moving always with pain. His improvement was satisfactory. When he had taken eight baths, he walked to his lodgings, a distance of a quarter of a mile. After he had taken ten baths,

he returned home much recovered, intending to visit us again. We have not since heard of him: we hope he has had no need to avail himself of a repetition of baths, by having obtained a permanent cure.

1830, April.—JANE AGUS, aged 43, Greasbrough.

She had an attack of rheumatism for eighteen weeks previous to her visit to us. It commenced in the ancles, thence to the small of of the back, shoulders, and hands. All her joints swelled, which rendered her almost helpless.

After the first bath, she could raise her hands above her head. She took ten baths, greatly benefited. She could not remain longer, her pecuniary means failing.

1830, June.—MARY SMITH, aged 30, patient from the Infirmary.

This painful malady exhibited the formidable appearances of swelled joints, &c., chiefly those of her hands, accompanied with much pain.

She had twelve baths. The pain was quite abated, the swelling was greatly reduced, and her general health was much improved.

1830, October.—ANN KEETON, aged 22, patient from the Infirmary.

Last Christmas, she caught a cold, the effects of which settled in her hands and feet, which was followed by rheumatic fever. After the fever abated, the swelling of the joints returned.

She took fifteen baths, and was much benefited. A benevolent individual, who had witnessed the improvement in her, sent her to take five additional baths, and she was discharged convalescent.

We ought to remark here, that this form of disease is most difficult to eradicate, especially when it has been assailing the patient for a series of years.

PALSY.

1830, August.—EDWARD WRIGHT, aged 24, Hill-top, near Stannington.

Some years previously, by exposure to severe weather, he caught cold, which was followed by a fixed pain in the back and shoulders, so that he could not raise his arms. His medical attendant ordered a *warm bath*, but his friends, ignorantly plunged him into *cold water*. From that time he became much worse, and was confined to his bed. He was admitted, soon after, an in-patient of the Infirmary. His medical attendant termed his affection, "dead palsy." After remaining a few weeks, he was discharged without benefit. From this time he was confined to his bed, till he was brought to the baths, being a

period of *five years and three months;*—during which time he had not the power to move a single limb; where his friends left him there they found him. He employed his time in reading. He was raised by pillows; a book was placed before him, and a wire was put between his teeth, by which he was able to turn over the leaves; and in this way he read numerous volumes.

His neighbours hearing of the efficacy of the baths, voluntarily subscribed (for his parents were poor) to try the effects of medicated vapour, upon their poor, but respected friend. He was wrapped in a blanket, and laid upon some straw in a cart, and in this manner he was brought to us. We confess we had little hope of success in this case, and yielded only to importunity in making an attempt.

The happy result was, that after remaining with us ten weeks, and taking thirty baths he was cured. After he had taken three or four baths, he was able to sit upright for a season. After taking fifteen baths, he could rise out of his chair without assistance; and, finally, (though a cripple from his childhood,) he recovered muscular strength sufficient to walk without the aid of crutches or sticks.

November 9, 1830.—The above statements were attested by his father and other witnesses.

February, 1831.—We hear that Edward is about to open a school, in his own neighbourhood.

DEBILITY.

1829, August.—Mrs. Mawer, Barnsley, aged 56.

Complained of debility, indigestion, nervous irritability, pain in the head, and gradual loss of strength. All medicines were unavailing, and she had but faint hopes of recovery.

She took thirteen baths, lost all pain, her appetite was restored and her strength recruited.

1830, March.—John Birkin, New Basford, near Nottingham.

General relaxation, restless nights, bad digestion, accompanied with morbid feelings of melancholy.

He returned after taking three baths, much relieved. We have heard of his gradual recovery to health and vigour.

1830. April.—Miss Smith, aged 21, Ashton-under-line.

Prostration of strength, loss of appetite, irregular pulse, and incapable of exertion. — Was gradually restored by taking twelve baths, and is discharged cured.

1831, Feb.—We hear she remains quite well, and is engaged as an active assistant in her father's business.

1830, May.—Miss S. W., Doncaster.

Three months since she took cold, which settled in the extremities. After using the slipper bath, she had a repetition of cold. Her feet and legs swelled, and walking occasioned pain. She has had night sweats, and alternately heat and cold in the day. She took ten baths, the swelling subsided, and we witnessed a gradual amendment. She left us convalescent.

March 4, 1831.—In a letter received from Miss W. this day, she says, "I never think of your baths, without feelings of gratitude to Almighty God, on account of the benefit I received from them."

1830, May.—Miss Sarah Bower, Whittington.

For seven years she has been out of health. Various affections have exhibited themselves, — weak spine, deranged digestion, weakness of the chest, palpitation of the heart, &c., and she has been confined to her bed for a season, without hope of recovery. When she came to the bath, she was in a very enfeebled state. She took twelve baths with manifest benefit.

Feb. 1831.—We hear of her perfect restoration to health.

1830, August.—Miss Mary Ann Stokes, Bank-street.

Seven years since, her health began to fail; for the last six months she was much reduced, accompanied with rheumatism. Her knees swell if she stands much: has hectic flushes and heats, but no cough. She took eleven baths, and left us convalescent.

1831. Feb. We hear of her being perfectly well.

1830, Oct.—Mrs. Littlewood, Honley, near Huddersfield.

After several confinements has been left in a state of great constitutional weakness and suffering. She has now a benumbed feeling in some parts, stiffness in the knees, ancles, and feet, pain in the small of the back, and walks a short distance with great difficulty.

She took eleven baths, and improved much by each bath. The final amendment was satisfactory.

1831, Feb. We learn that Mrs. L. continues to amend, and the improvement manifest in her, is the surprise of her friends.

KIDNEYS.

1830, April.—William Land, aged 42, New Wells, Wakefield.

He has been ill five years. He was first treated for an affection of the liver, but it was found to have its seat in the kidneys. He has had an attack about every six months, when he passes stones

of various dimensions. General weakness ensues, as well as from the lowness of his diet, &c.

He took six baths, and returned improved. He came and took eight additional baths, and was discharged cured.

DISEASE OF THE UTERUS.

1830, Nov.—Mrs. HINCHLIFFE, aged 51, Norfolk-lane.

Has been in a state of imperfect health for ten years, during which time she had an attack of dropsy, and her life was dispaired of.

In 1827, she was seized with inflammation of the kidneys and bladder. When she came to the baths, she was suffering by great weakness, internal inflammation, bearing down of the uterus, and appeared to be sinking under her complicated maladies.

1831. Feb.—After taking twenty baths, she is restored to an astonishing state of health.

LIVER.

1830, May.—ELIZABETH PARKINSON, aged 41.

Eight years since, took cold, and had inflammation in the right side. For twelve months she continued very ill, with little hope of recovery. She remained for several years in a state of great weakness and suffering.

Latterly, her medical attendant has pronounced her to have "an inflammation in the lower part of the body, with a diseased liver." she has also weak digestion and is subject to spasms.

She amended much by the first four baths. She took twelve baths, and was discharged convalescent, grateful for the benefit received.

DROPSY.

1830, April.—SARAH, wife of JOSEPH BAGGALEY, coachman of Rowland Hodgson, Esq.

About ten months previously her health began to fail. All that period she has been swelling in the body, and was enlarged greatly when she came to the baths. Latterly, she could not lie down, got little sleep, breathed with great difficulty, &c. She was an out-patient

of the infirmary, but the enlargement continued during her attendance.

When she had had four baths, she began to lessen in bulk, and to rest in the nights. She took thirteen baths, during which she gradually was reduced, all painful symptoms disappeared, her strength was greatly restored, and she was discharged cured.

1831, March 4.—We have seen her at the baths this day, she continues well.

LOCAL INFLAMMATION.

1829, Nov.—THIRZA PARKIN, aged 16, Trinity-street.

Inflammation of the nose (much enlarged) and upper lip, extending to each ear. The pain in her head was such as nearly to deprive her of sight.

She had been in the Infirmary, and was discharged without benefit. —By seven baths, was discharged cured.

1830, April.—TUSKIN COCKING, aged 4, Norfolk-street.

This is a case similar to the above. The inflammation was confined to the upper lip, which was greatly enlarged, and which had not yielded to fomentations, bleeding, &c. He took seven baths, and was discharged cured.

DYSPEPSIA.

1829, Sept.—THOMAS CROSSLAND, Park, aged 29.

For twelve months he had increasing indigestion, which induced severe pain in the head, in paroxysms continuing for a day, returning about once a week. These attacks were accompanied with lassitude and drowsiness, and he was persuaded he could not have lived long in that state. Copious purgatives, bleeding, &c. gave but temporary relief. By taking seven baths, he was discharged cured.

1831.—We have seen him, and he states he has been able to attend to his business since the above with comfort, and believes he never was so strong and hearty at any former period as he is at present.

MENORRHAGIA.

1830.—A. K. aged 21.

Nine months since she had a rheumatic fever, and was much swelled in her body and limbs. The swelling had subsided, but she had much pain. She had no sound sleep, appetite bad, and digestion weak. For two years her monthly discharges had been too abundant, sometimes nearly incessant. After seventeen vapour baths, and latterly alternate warm and cold baths, she was discharged cured.

DISEASES OF THE SKIN.

1830, July.—SARAH WORTHINGTON, Tildesley, near Manchester.

Two years ago her health failed. She was feverish, and had no sensible perspiration. Her face became rough; it then extended over the body, which assumed a scaly appearance. She came to the baths very weak, and could bear no exertion. She took twenty-four baths, perspiration was restored to a healthy action, her body was quite cleared of eruption, and her general health was restored.

1829, Sept.—ANN, daughter of Mr. ROLLINSON, Bridge-houses, aged 4 years.

She was a purple colour when born, which soon after broke out into a scorbutic eruption extending over the body. It was most virulent in spring and autumn. The sufferings of the infant were great beyond description; and latterly, the family got little rest because of its crying, &c., it was evident she was sinking under her afflictions. The medical gentleman who had attended the child all her life, was very anxious for her recovery, or alleviation. At length, all other remedies failing, he recommended the parents to bring the child to the vapour bath.

A more interesting sight we never beheld. She could not be dressed, being covered with eruption. She was wrapped in linen cloths and folded in a blanket, and in this state she was brought to the bath.

A profuse perspiration was produced by the first bath, a desideratum which had not been obtained since the birth of the child. The day following, the eruption began to deaden in its appearance. On the third day, she was able to be dressed, and walked to the bath and home again, a distance of two miles.

By three baths she was cleared of all eruption. She took seven baths, and was discharged cured.

1830, March.—Daniel Greaves at Mr. Mallinson's, Hay-market.
Large protuberant eruptions (grocer's itch) upon the hands and wrists, occasioned by contact with sugar. Took seven baths and was discharged cured.

1831, May.—Ann Glover, aged 16, Alverthorpe, near Wakefield.
The first appearances of eruption were in September last. During winter it extended to the arms and legs. Her lower extremities were greatly swelled, inflamed, and discoloured. She was called home after taking five baths with partial benefit. She returned a few weeks afterwards and took ten additional baths, when she was discharged cured.
We have subsequently heard of her continuing in good health.

1830, June.—Jane Bishop, aged 27, Sheffield.
First appearance of eruption at the age of ten. It has increased every year since. Is worst in spring and autumn, when her body and limbs are much affected, accompanied by rheumatism.
She took nine vapour, and three sulphur baths, and was discharged cured.

SCROFULA.

1829, Sept.—George Walker, jun. Snow-hill, aged 16.
The disease was seated upon the foot, which was immediately induced by a blow upon the ancle by a school-mate. A year after, the ancle joint became stiff, and continued so for six years, till he came to the baths. No application of his surgeon could ever heal his foot, upon which there was a constant wound. His health, latterly was much impaired, and he was incapable of any exertion.
While he was taking his first bath, *the ancle joint was liberated.* After taking three baths, he walked with comparative ease. He took fourteen baths, in the course of which his foot healed, his health improved, and he was discharged cured.

1830, August.—Samuel Poulson, Stoke, aged 16.
Three years since glandular disease first appeared in the neck. It has now extended to the thigh and knee. He had thirteen baths, during which time a gradual and satisfactory improvement was made, with a prospective probability of a perfect cure; but his pecuniary means failing him, he was compelled to return home.

ULCERATED LEG.

1829, August.—Mr. M., Barnsley, aged 60.

Was weak and relaxed, of spare habit, had bad digestion, and a dry hard cough. One leg was ulcerated. When his surgeon healed it, his body swelled, which endangered his life. By thirteen baths his cough was relieved, his leg soundly healed, and his general health was improved.

It is greatly to be desired, for the sake of suffering humanity, that the faculty within a reasonable distance would personally inspect the institution, and try the effects of the bath upon their own persons, as many of the medical gentlemen in the immediate vicinity, and some from more distant places have done. They would not then have prohibited patients from using the baths, saying, "they would weaken and relax," when in many, yea, most instances, they invigorate and strengthen.

No claim is made, nor even desire felt for the continuance of public patronage, any longer than the baths are administered with great care and discrimination, and with benefit to cases in which all former modes of practice shall have been resorted to in vain. This institution is hostile to none; but has been uniformly avowed "auxiliary to the profession;" the proprietor having studied not to interfere with, but to aid the ordinary modes of practice; and he only regrets, that in some instances, the visitants with long standing cutaneous diseases, after taking a very limited number of baths, have discontinued the use of them, asserting "that the baths were not calculated to cure," in defiance of the successful treatment of similar cases, where the requisite time was afforded and a sufficient number of baths given.

It may be proper to recur to a point which has already been noticed in a newspaper advertisement, in reply to unfounded assertions through the same public channel, that "Marriott's Steam Baths" are in use in the Sheffield establishment. The proprietor of that establishment certainly purchased one of these steam baths, simply to explain the different, and in many instances, dangerous operation of this and all similar steam baths, as contrasted with the *modus operandi* of the "Patent Vapour Baths." *In the latter* there is no perception of steam; there is a perfect government of the temperature, the vapour of which is impregnated with medicinal vegetables. *The former* (Mr. Marriott's bath,) is incapable of management, consequently will not admit of a graduated temperature: it possesses no medicinal quality, but is the simple vapour of water, which fills the tent

where the individual subjects himself to its influence. Neither is it possible for individuals to administer so powerful an agent with safety and efficacy to themselves, unless a medical gentlemen could be in attendance (which is generally impracticable,) in which case they must be left to the care of ignorant and inexperienced domestics and attendants. Several of the principal families attempted the private use of the above steam baths, but were soon glad to relinquish them, and return to the public establishment.

The proprietor being anxious to embrace every thing in his institution which the enlightened science of the present day has discovered for the relief and cure of human maladies, besides *tepid and cold shower baths*, has added three additional kinds of baths, viz.: the "*Air-pump Vapour Bath*," the "*Portable Sudatory Vapour Bath*," and the "*Sulphureous Fumigation Bath*." Upon the use of the first of these, the "Air-pump Vapour Bath," a treatise has been published by M. La Beaume, in a work which, in consequence of the known inefficacy (as the author states,) of the Materia Medica, in a variety of human maladies he distributed among medical practitioners with the sole view of gaining their attention to a subject deemed by him of the utmost importance to the healing art, and to the cause of humanity.

Having obtained from M. La Beaume, his *Air-pump Vapour Bath*, and directions on the mode of administering it, which he has followed with much success in the treatment of gout, glandular disease, &c. *the proprietor is anxious it should be favoured with the attention of the Faculty.* It is thus described by him: "The apparatus consists of several parts; a metallic cylinder or vessel, in which the disordered limb is placed, at the extremity of which a bladder, or oiled silk, is appended, and bound upon the limb to prevent the steam from escaping, and the air from rushing into the machine during the process of exhaustion. At the other end of the vessel is placed a stop cock and tube, to which a small boiler containing water is affixed. The steam from thence pressing into the machine through the stop cock, and the fluid evaporated by a spirit lamp, placed under the boiler, together with a thermometer to show the temperature, and regulate the degree of heat applied to the limb: here an air pump is firmly attached for the purpose of exhausting the machine, when the fumigation has continued the proper time, and also an escape valve, with which is connected a flexible pipe adapted to convey off the vitiated air occasioned by the nature of the complaint sought to be remedied. Each application takes up about an hour. The patient, during the process, experiences the most agreeable sensations. In disorders, even painfully acute, the feelings, while under the operation, actually soothe the patient gently, sometimes even to sleep. The exhaustion, when at its fullest extent, awakens no other feelings than a sense of weight, and of a distension of the limb, on which the opera-

tion is directed. In short, the effects produced on the patient, by the use of the air-pump vapour bath, are at once mild, safe, and efficacious; and the apparatus is admirably adapted to afford relief in the very worst form of disease." The particular and minute plans of the operation of this bath, the proprietor will be happy to explain to any individuals who may be interested in its use for the cure of local disease. It will be obvious that a greater degree of heat may be applied to the disease, and for a longer duration, than it would be safe to immerse the whole body. It affords a most effectual fomentation, with which no former methods can compare, and by withdrawing the air from the machine, the pressure of the atmosphere is removed, and by this simple method, the circulation of the fluids is assisted and restored to the dormant vessels.*

The attention of the faculty, and of the public, is also requested to the *Sudatory Bath*, which can be removed at pleasure, being light and portable, and may be administered in cases of fever, &c. to any patient while lying in bed. By means of a spirit lamp, the temperature of the air is raised, till a copious sweating is obtained, upon which the very life of the patient not unfrequently depends.

The third and last class of baths which the proprietor has added to his medicated vapour baths is, the *Sulphureous Fumigation Baths;* he was first led to obtain them by the particular desire of several of the faculty in Sheffield; and he thinks himself fortunate in having obtained some of superior construction, having seen others in use very inferior in their operation.

Dr. Bardsley, in his work entitled, "Hospital Facts and Observations," (1829,) has presented to the public in general, and medical practitioners in particular, a variety of cases and observations arising out of his practice. He reports, that, "considering the nature of cutaneous diseases, still, they are but imperfectly understood; and that they are mostly prevalent among the lower orders of society,—it cannot be matter of surprise, that the want of an establishment for the treatment of diseases of the skin, should have been so long felt in large and populous towns. Some of these maladies obstinately resist the whole of the remedies supplied by our art; but others, of a

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* A friend has kindly communicated, in addition to the above, the application of *fixed air* to the worst forms of ulcers of the leg or arm, which may be connected with the air-pump vapour baths. A bottle being affixed to the tube, in which is put—

One part pulverized marble,
One part muriatic acid,
Four parts water.

The faculty will appreciate the uses of this process after fomentation in the bath, to stop the progress of the disease, and prevent gangrene, mortification, &c.

very obstinate character, happily yield to the use of the sulphureous fumigation." The baths referred to, and which he attends, were opened in January, 1825; and up to June, 1829, no fewer than 3,046 patients have been admitted into them. Sufficient time has now elapsed to warrant a statement of the advantages experienced by this institution.

" Mr. Wallace, of Dublin, to whom the profession is under many obligations, for having confirmed and established the advantages of the treatment proposed by Gales, has the merit of having first constructed an apparatus similar to the one invented by that physician, which enables us to apply the sulphur vapour with considerable facility, and but little inconvenience to the feelings of the patient. It must be remembered, that this method of treatment requires both caution and discrimination. Owing to inattention to the selection of suitable cases, I have more than once witnessed very unfavourable results from its application. *It has always been my custom to ascertain whether any internal disorder has been connected with the affection of the skin; and to consider how far the former might be aggravated by the use of the sulphur vapour.* I have on many occasions been compelled to defer the employment of fumigation, in consequence of the co-existence of pulmonary and cutaneous disease. Sometimes it has been found necessary to suspend the use of the baths, when cough, or other pectoral symptoms, have occurred during the patient's trial of them. Before prescribing the fumigation, it is well to insure a healthy condition of the digestive organs, by the occasional exhibition of the blue pill and saline aperients; and it may be stated, that the amendment has invariably been found most rapid in the cases in which this precursory treatment has been adopted. With females, *certain points* require particular attention in the employment of sulphureous fumigations, such as *pregnancy*, and the *menstrual discharge.* Mr. Wallace has very properly alluded to these circumstances. ' It may be necessary to mention,' he observes, ' that I have never ventured on their employment with females during their menstrual period, when advanced in pregnancy, or shortly after parturition: and this I have avoided, in consequence of observing the inconvenience which arose in the practice of some physicians, from inattention to these circumstances. In some obstinate cases of amenorrhea, the return of the evacuation has been induced by the aid of this remedy. We may, I think, attribute the return of uterine action, with more correctness, to the frequent exposure of the body to heat, than to the stimulating properties of the sulphur. Sulphureous fumigations are improper *in all kinds of acute inflammations of the skin and of the articulations;* they are only adapted to *affections of a chronic nature.* My friend Mr. Simmons has employed them very extensively and usefully in *scrofulous affections of the joints, in obstinate ulcers of the lower extremities, and in indolent tumours.*' "

The writer, before taking leave of those who may have favoured him with a perusal of his remarks, and the narration of the facts subjoined, begs to state, whether or not the public shall fully appreciate the boon he has provided for all classes and conditions of society in this vicinity, he will ever have satisfaction, in adverting to the motives which have induced him to step out of the ordinary path of his usual avocations, at great inconvenience, much risk, and no trifling expense.

The price of each bath is 3s. 6d., including coffee, biscuits, attendants' fees, &c. &c. An allowance is made from the above charge to the poor and working classes. A Stable is provided for the horses of gentlemen who ride to the baths, and Bath Chairs are lent at the establishment, for a trifling charge, to those who find it inconvenient to employ hackney or other carriages.

If the cleanliness of the whole body be essential to comfort as well as health, all may avail themselves of the vapour bath for these valuable purposes. Why should the ordinary ablutions of the English be confined, in general, to the hands and face? We have often remarked, that those who have made the experiment, and can afford the periodical use of this luxury, do not fail to avail themselves of it, and are anxious to recommend it to others. Among such are ranked many of the first families in the neighbourhood. Public speakers, after the exercises of the Sabbath, find the benefit of resorting to the Baths on a Monday, and allaying any feverish excitement.

Gentlemen in the law who take but little exercise, and therefore often complain of indigestion, vascular fullness, &c. may have the circulation equalized, and in a great measure find a desideratum in the occasional employment of the vapour baths. The effects of exposure to cold, weariness and exhaustion by travelling, may be removed in one hour by stepping into this restorative element.

Any hints suggested by medical or scientific gentlemen, will have the proprietor's best attention and acknowlegements, as he is most anxious to supply every possible assistance to the healing art, and to have the satisfaction of reflecting that he is thus lessening, daily, the mass of suffering to which the human family are liable, and the misery which is their unavoidable inheritance.

April, 1831.

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